

Vol. 60, No. 6 Tyndall Air Force Base, Fla. Gulf Defender Feb. 9, 2001

Airmen receive new, improved deployment tools

Lt. Col. Bryan A. Holt

Aerospace Expeditionary Force Center public affairs

LANGLEY AIR FORCE BASE, Va. (ACCNS)

— Are you ready to deploy? The U.S. Air Force Aerospace Expeditionary Force Center here wants to make sure all expeditionary airmen have the best possible source of deployment information available.

With the second cycle of AEF rotations underway, Air Force officials have greatly improved the tools available to commanders and Air Force members deploying in an AEF.

The "AEF Commanders' Playbook" is designed to give airmen up-to-date information on all deployment issues.

The playbook will help commanders prepare their airmen for AEF rotations. As part of a continuing effort to better educate deploying forces, it contains detailed information commanders and deploying members need. The quick-reference checklist, which highlights the key issues and lists the relevant sections of the playbook, is designed to be easily carried by commanders.

"The AEF Commanders' Playbook is one way to make sure all Air Force commanders, deploying mem-

●Turn to TOOLS Page 6



Photos by Staff Sgt. Justin D. Pyle



Coming right for you

(Above) The U.S. Air Force Thunderbirds, the premier aerial demonstration team of the Air Force, fly in a delta formation over the Grand Canyon. (Left) Flaps down, gear down, the Thunderbird Diamond prepares for a highlow pass over the Chicago lakefront. The Thunderbirds are participating in the Gulf Coast Salute 2001, March 24 and 25 at Tyndall AFB. Joining the Thunderbirds in the air show lineup are Air Force demonstration teams for the A-10 Thunderbolt II and the F-15 Eagle, as well as the Navy's F/A-18 Hornet. The week's open-house events also include a regatta, a golf tournament and a fun run. They are scheduled for March 17, 22 and 24. For more information on activities or to see how this year's event is shaping up, check the World Wide Web at http://gulfcoastsalute.homestead.com/index.html.

Valentines for Vets garnering support from airmen

Airman 1st Class Russell Crowe

325th Fighter Wing public affairs

Time is money.

At least according to some people, that is. Others might ask you what time really is. Is it a man-made schedule we use to gauge our success against a graph of human accomplishment? That's what some scientists and philosophers think. Even the Rolling Stones threw in their two cents, because according to them, time is on our side. So why don't we take a note from the Stones, and use what we have to help those in need – time need not only be money, it can be happiness.

The 2001 Valentines for Vets program is Wednesday at nursing homes across Bay County. And, according to Senior Airman Tiffany Netterville, the Tyndall Active Airman's

Association vice president and Valentines for Vets event coordinator, this event is time well spent.

"I enjoy participating in this event because of the people," she said. "Just seeing the smiles on their faces and how much they enjoy talking with us about their careers and lives, they're really excited for us to come, and it makes us really excited about going. It's really a great way to spend a few hours."

According to Airman Netterville, last year's event was a big success. She expects this year's event to top last year's numbers. But, as she explains, numbers don't tell the entire story.

"It's not about how many people participate so we can report that in and get a pat on the back," she said. "It's about the people. If only ten people participate, but we see as many elderly folks as we can and we brighten their day, then it's a success. We want to bring a little joy into these seniors' day. We would love it if people would go out with us and help. These people served our country, so let's take some time and say, 'Hey, you're not forgotten.'"

Students at Tyndall Elementary made more than 100 Valentine's Day cards that volunteers will deliver to nursing homes Wednesday.

"We get a lot of support from the community," Airman Netterville continued. "The way it works is each organization that's participating takes a nursing home. The TAAA takes one, the NCO Academy another, Focus 56 another and so on. Each group gets participation and help from community organizations or volunteers — whether it's making cards or baking cookies. It really fosters a lot of camaraderie between groups because we're all wanting to pitch in and make this a really special day."

●Turn to VALENTINE Page 13

Bowden guest speaker at prayer luncheon

Capt. John Dorrian

325th Fighter Wing public affairs chief

Florida State University Head Coach Bobby Bowden is keynote speaker for Tyndall's observance of the National Prayer Luncheon 11:30 a.m. Thursday at the Pelican Reef Enlisted Club. About 500 people are expected to attend the event, according to Maj. Eliezer Castanon, 325th Fighter Wing Chaplain Service project officer.

"I think we'll have a good turnout," he said. "Coach Bowden has been here before and it went very well. I've already had

several first sergeants come back to me looking for more tickets."

Coach Bowden has been Florida State's head football coach for more than 25 years. Under his leadership, the Seminoles have won two national championships and more football games (109) in the 1990s than any team has over any previous decade in National Collegiate Athletic Association history.

Despite a demanding coaching and speaking schedule, Coach Bowden is a devoted Christian and family man. Every free Sunday morning will find him in the pulpit of a church somewhere in the south.

According to event organizers, national prayer events have been around for quite some time.

For the past 31 years, military men and women, in conjunction with the National Prayer Breakfast, have been holding their own prayer events. The prayer breakfast was designed as a beginning for what could happen privately and in small leadership groups on a regular basis among all citizens, military and civilian.

"For more than 200 years we have seen the 'Hand of Almighty God' guiding the affairs of this powerful and wonderful nation of ours," Major Castanon said. "During our prayer luncheon we will continue to ask God to bless our country with his mercy, give wisdom to our leaders and to preserve a strong moral nation."

For information on tickets, contact first sergeants or call 283-2925.

Tips to keep your home safe from crime

Tech. Sgt. Michael Kochera 325th Security Forces Squadron NCOIC, resource protection

At any time, you could come home from work or play and find out your home has been burglarized. A total stranger has entered your home, rummaged through your belongings and stolen your personal possessions.

Tyndall members have recently been victims of just this type of crime. The majority of the items stolen have

been taken from the front of the house. There are numerous precautions you can take to make your home an unattractive target to thieves.

Let's begin with what you can do outside your home. Remove unsecured items from the front of the house and place them in the rear of the house out of sight, or better yet, secure them in a garage or shed. As for vehicles, an unlocked vehicle in your driveway is an attractive target. Lock it up and be mindful of what you

have inside. Many thieves break into vehicles because they can see valuables such as cellular phones, compact discs, cameras or even money inside. Place valuable items in the console, trunk, or remove them from the vehicle.

Another important aspect of exterior security is lighting. Thieves do not like light, and remembering to turn on your entryway lights at night is an excellent deterrent. Lastly, take a walk around the outside of your

home and pay particular attention to all the windows and doors. Make sure windows are in good repair and cannot be opened from the outside. Check doors closely to make sure the locks are in good working order. Trim bushes that could provide concealment for intruders who may be looking for an entrance.

A lot of people hide a spare key to their house in the usual places, under the doormat or above the exterior trim of the door. Even the key holders that look like rocks are no longer a secret. Stop the hidden-key practice and consider giving a spare key to a trusted neighbor instead. If you go on vacation or are away for several days, have a friend or neighbor check on your house periodically. If you live on base, a security forces patrol will be glad to come by and check on your house every night while you are away. Simply come to the law enforcement desk, Building 659, anytime and fill out a quarters-watch form and we will be happy to watch your home while you are away.

There are several measures you can take inside your home to deter break-ins. Simple things such as locking your doors and windows are sometimes taken for granted, especially by military members living on base. If you have a garage, make sure you lock the garage door and any other doors leading into it. Keep your blinds closed if you're not at home. As with vehicles, preventing thieves from seeing your valuables is an important step in keeping them away. The base and local area are covered by the 911 system. Make sure all capable family members know how to use it. Designate a room in the house with a solid, locking door and a telephone as a "safe room." Instruct family members to go to the safe room if they ever feel an intruder is in the house. Lastly, if you or your family members ever arrive home and find any doors or windows open that should not be, do not go inside. An intruder could still be inside. Most violent acts involving intruders are a result of the intruder being surprised or faced with a confrontation by a resident. Desperation takes over and an intruder could go to extreme measures to ensure escape. Go to a neighbor's house and call security forces or your local police. A lot of people take home security

for granted, assuming burglary could never happen to them. Unfortunately, the threat of having your home entered and your valuables stolen is real, whether you live on or off base. The very best way to prevent you or your family from becoming a burglary victim is to make your home a "hard target." By following some of the basic home-security precautions mentioned above, you will have a good start in making your home safe and secure. If you would like additional information on home security. contact Tech. Sgt. Michael Kochera, NCOIC, Resource Protection, at 283-9951.



Air Force family

2nd Lt. David A. Lemery 421st Fighter Squadron

HILL AFB, Utah (AFMCNS) — I've read several "canned" reasons why people should stay in and why the Air Force is so great lately, but let me share with you my point of view.

I had just arrived at billeting on Eglin Air Force Base, Fla., July 5 for the Air Force Materiel Command's softball tournament, when I called home and heard the bad news.

My father, Chief Master Sgt. Raymond Lemery at Travis Air Force Base, Calif., was in the hospital. He was riding his bicycle around the flightline when he felt some chest pain.

After a series of tests at the Travis hospital, he was told that one of his arteries was pretty blocked up. The doctor recommended a bypass since his condition would only get worse.

My father's brother is a cardiologist and my brother, Steven, is also a doctor, and they concurred with the recommendation. My mother, Mariette, was with my father in the hospital and through all the

stress, she also felt pain in her chest.

Doctors evaluated her condition right there in the hospital and determined that she needed a double bypass — a most unfortunate coincidence, but one that saved her life. Her condition was much worse, and the doctors noted that she could have had a heart attack at any time that might have killed her. Both were taken to a hospital in the Napa Valley that night.

Obviously, my participation in the AFMC softball tournament was just going to have to wait until next year.

I called back to my commander, Lt. Col. Victor Wager III, and first shirt in the 388th Maintenance Squadron, Senior Master Sgt. Allen Niksich, for help. They both got me in touch with the Red Cross and Air Force Aid to get me out of Florida and on the next flight home.

The next hurdle to cross was finding a way from Fort Walton Beach to Panama City to catch my flight. Wager contacted Chief John Herman at Hurlburt Field, and he volunteered to pick me up at 4:30 a.m. the next morning to drive me to Panama City to catch my 6 a.m.

flight.

This was just the first example of Air Force people going out of their way for one another. I arrived back in Salt Lake City that afternoon and connected to Sacramento as soon as possible. Awaiting my arrival at the airport, which is an hour from Travis, were my parents' neighbors from the base.

They dropped me off at my parents' house so I could get their car, and then escorted me to the hospital, 30 minutes away.

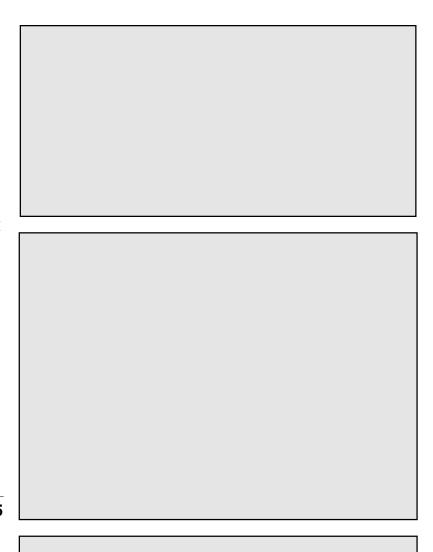
My mother ended up having a quadruple bypass that day and was out of surgery for a few hours when I arrived. I had never been so relieved in my life to hear the doctor say she will be better than ever.

My father was scheduled for surgery the next day, since they only had one doctor to perform openheart surgery. He ended up with a double bypass and other complications that kept him out of work for quite some time.

His retirement ceremony was scheduled for Oct. 3. From July 5 until his retirement, he was only able to work a few weeks — not the way he wanted to end his 29-year career, but it was out of his control.

My father was the superintendent

●Turn to FAMILY Page 15



Drone crashes on base, closes Highway 98 to motorists

Courtesy of 325th Fighter Wing public affairs

An unmanned Air Force QF-4 drone crashed on takeoff around p.m. Wednesday. It was carrying a small flight termination system. Be cause of this system, fuel and othe flammable materials onboard, base and local police and safety officials closed State Highway 98. The closure was done strictly as a precautionary measure, to ensure no inju

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Viewpoint

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The deadline for article submissions to the Gulf Defender is 4 p.m. Friday, prior to the week of publication unless otherwise noted Articles must be typed and doublespaced, preferably on a 3.5-inch disc. Stories should be submitted directly to the public affairs office, Building 662, Room 129, or mailed to: 325 FW/PAI, 445 Suwannee Ave., Tyndall AFB, FL, 32403-5425. Public affairs staff members edit all material for accuracy, brevity, clarity, conformity to regulations and journalistic style. The delivery of the *Gulf Defender* to Tyndall base housing sections is provided by the Panama City News Herald.

For more information, or to advertise in the newspaper, call (850) 747-5000.

Safety stats

Category	'00	'01	Trend
On duty	1	0	-1
Off duty	10	1	-9
Traffic	5	0	-5
Sports	4	1	-3
Fatalities	1	0	-1
DUIs	14	0	-14

Commander's Corner:



Brig. Gen. William F. Hodgkins 325th Fighter Wing Commander

One of the most coveted duties any commander has is to pat people on the back publicly for their achievements. This past weekend at the annual awards banquet, we honored nine Team Tyndall members that were cornerstones to our success this past year. Although our base is made up of thousands of winners, these folks had a direct impact on the way we do business, our quality of life and our morale. Please take a moment to see them on page 7 and when you see them around the base, congratulate them. Congratulations award winners, you're the best!

Next week as we celebrate Valentine's Day with our loved ones, Team Tyndall will also participate in one of the most heart-warming events of the year - Valentines for Vets.

This year, Airman lst Class Tiffany Netterville from the 325th Medical Group is our project point of contact. Tiffany could use everyone's help. You can contact her at 283-7571 and volunteer to spend some quality time with our area veterans in area nursing facilities. Our veterans are national treasures and pioneers who built the foundation that makes our military the world leader it is today. So take some time out to visit our veterans, you'll be richer for the experience.

Another worthwhile event next week is the National Prayer Luncheon. This

Communion Service: 9:30 a.m.

General Protestant Service: 11

Sunday school: 9:30 a.m.

Kids' Club: 2:45-5:45 p.m.

Daily Mass: noon Monday

through Friday, Chapel 2;

Chapel 1

a.m. Chapel 2

Wednesday

Catholic

Tyndall's chapel schedule



Brig. Gen. Hodgkins

year's guest speaker will be Bobby Bowden, head football coach at Florida State University. The luncheon will be held at the Pelican Reef Enlisted Club at ll:30 a.m. and tickets are available at Chapel 2 or from any first sergeant for a \$2 donation. Our chapel staff has worked hard to bring this event together and it promises to be an enjoyable luncheon.

Although it's nice to bask in the recent recognition we received for our hard work, but by no means do we stop here. A prime example of our forward progress is in the new construction planned for the base. This year the 325th Medical Group clinic facility will receive a new addition and the 325th Training Squadron will start construction on a new building. One of the most notable groundbreaking events will occur in the spring as construction begins on the new F-22 Raptor complex. Things keep moving around here, we're by no means marking time.

Finally, keep checking the Tyndall homepage and watching for updates surrounding Gulf Coast Salute 2001 open house March 24-25. That weekend we'll open our doors to our panhandle neighbors, share a glimpse of our mission with them and treat them to a first-class Checkertail Clan welcome. Headlining the event will be the Air Force Thunderbirds and the Army Golden Knight parachute team. There's a lot of planning and preparation ahead to make it a success, so don't stand in the shadows, dive in and help out. Have a great week Team Tyndall!

Reconciliation: After Saturday

Religious education: 10:50 a.m.

Other faith groups: Call 283-

Mass or by appointment

Mass: 9:30 a.m. Sunday,

Chapel 2: 283-2925

Mass: 5 p.m. Saturday,

Chapel 2

Chapel 2

Sunday

Action Line



Lt. Col. Pauletta Blueitt, 325th Medical Support Squadron commander, discusses a hematology procedure with Staff Sgt. Felicia Kujawski, a lab technician with the 325th Medical Group.

283-2255.

commander

The Action Line is your direct line to me. It is one way to make Tyndall a better place to work and

Action Line calls are recorded and staffed through the proper agency. The goal is to provide you with an accurate, timely response. You must leave your name, phone number or address to receive a response.

Questions or comments of general interest will be published in this forum. This avenue should only be used after coordinating problems or concerns with supervisors, commanders, first

William J. Hodgbins Brig. Gen. William F. Hodgkins 325th Fighter Wing

sergeants or facility managers. If

you're not satisfied with the

response or you are unable to

resolve the problem, call me at

For fraud, waste and abuse

calls, you should talk to the office

of inspections, 283-4646. Calls

concerning energy abuse should

be referred to the energy hot line,

Q: Please do something about the lack of heat in Dorm 1680. They moved us in back in November 2000 and keep saying that they are working on it. If the dorms were not ready they should not have moved us into them. Another blanket is not the answer. When will the heat be on?

A: Thank you for bringing your concern to my attention. In November 2000, dormitory residents were moved into the newly renovated dormitory 1680, at which time there was a working heating system. Unfortunately, as winter weather conditions became colder than usual, the new boiler

malfunctioned. Although optional dormitory arrangements were made for occupants during sustained cold periods, I apologize for the inconvenience.

Since November, the boiler was repaired once: nevertheless. subsequent analysis indicated the boiler was not large enough to heat the entire dormitory adequately. As a result, funds for a new boiler were approved on Dec. 13, 2000. The new boiler was installed last week and is now operational.

Once again, I apologize to all residents in Bldg. 1680 for the inconveniences that you have put up with.



Every member of Team Tyndall is valuable. Play it safe, don't become a statistic.

'A Day for Hearts: Congenital Heart Defect Awareness Day' Feb. 14

Steve Pivnick

81st Medical Group public affairs

KEESLER AIR FORCE BASE,

Miss. – Feb. 14, Valentine's Day, is the appropriate occasion for a special day dedicated to children with congenital heart defects.

"A Day for Hearts: Congenital Heart Defect Awareness Day" will be marked at Keesler Air Force Base with a party for the young heart patients and their families and guest speakers, according to Maj. (Dr.) Jeffrey Boris, the 81st Medical Operations Squadron's pediatric cardiologist and organizer of the event.

"This is the second year 'Congenital Heart Defect Awareness Day' will be marked nationally and the first time we will observe it at Keesler," Major Boris said. He is inviting children and their families from throughout the TRICARE Region IV area, which covers all of Mississippi, Alabama, Tennessee and parts of Louisiana and Florida.

Major Boris noted the purpose of the Keesler program is to allow children with congenital heart defects and their families to meet others with defects. "Additionally," he observed, "it's an avenue to publicize the fact that although congenital heart defects are the most common birth defects, it receives the least monetary and public support for the patients and families. By having this event we hope to broaden awareness."

The doctor noted that although some defects are lethal, "there is so much more we can do for the children so they can lead normal lives."

A Day for Hearts has been proclaimed in at least 40 states (with more pending), including Mississippi, Louisiana, Alabama and Florida, and in six countries

According to the Children's Health Information Network, which created the Day for Hearts, congenital heart disease is considered the most common birth defect, affecting approximately 32,000 babies each year in the United States. The American Heart Association estimates there are approximately one million Americans with heart defects in the United States

A Day for Hearts will be held in the Keesler Medical Center auditorium Feb. 14 from 5-7 p.m. In addition to providing refreshments and soft drinks, Major Boris will talk about the background of the event and its goals. Also, Lt. Col. (Dr.) Ann Farash, a pediatrician with the 81st MDOS, will tell the group about her own experience as a child with a congenital heart defect which was corrected by surgery. Major Boris would also like to invite a youngster who has had corrective surgery address the participants. Brig. Gen. Dan Locker, 81st Medical Group commander and lead agent for TRICARE Region IV may also speak.

The Children's Information Network is a non-profit group started by the mother of a child with congenital heart disease to disseminate information, educate families and encourage patients and families to discuss various topics applicable to congenital heart disease with themselves as well as physicians who write various educational monographs for the web site.

More information on congenital heart defects is available on the web at: www.tchin.org.

●TOOLS from Page 1

bers and even those who remain at the home station are all on the same sheet of music," said Brig. Gen. Dennis Larsen, commander of the Aerospace Expeditionary Force Center.

"Commanders may ask, 'How does AEF impact my squadron, and what should I be doing to better support the EAF/AEF?" General Larsen said. "The playbook will answer these questions and more."

It also includes critical items such as AEF key rules, commanders' guidance, available deployment tools and even a user tutorial.

Commanders can access the playbook and quick-reference checklist from a .mil or .gov computer on the "EAF Online" web site at: https://aefcenter.acc.af.mil/. Commanders can also download the checklist to a palm handheld computer for easy accessibility.

Another big improvement made for the second AEF Cycle is an upgraded "EAF Online." Using a .mil or .gov computer, airmen can access individualized "training templates" on the

site for detailed information about their deployed job description, mission and equipment they will be using in the area of responsibility.

The templates identify both required and desirable training needed before deployment. They also offer other information including area of responsibility-specific concerns, lessons learned in the past, specific functional-area information and links to other helpful sites. Templates are available for all steady-state, non-flying positions.

If deploying airmen get the training they need, they will reduce the time to get ready in the AOR and the turmoil that can be generated during AEF transitions.

"We are constantly expanding and improving EAF Online to make it a one-stop shop for commanders and individuals," General Larsen said. "We have also made substantial improvements to ensure the commander's playbook is userfriendly."

According to the general, these improved AEF deployment tools are the direct results of feedback from airmen on past deployments and input from Air Force leaders.

Tax tips

Innocent and Injured Spouse Relief-Generally, both spouses are jointly and severally responsible for the tax and any interest or penalties on a joint tax return. In some cases, an "innocent spouse," who is no longer married to, or is legally separated or living apart from the joint taxpayer, may be relieved of that responsibility. For more information, contact the Tyndall Tax Office at 283-8152.









Team Tyndall honors 'best of the best'

The following Team Tyndall members were named as annual award winners Saturday at the Tyndall Annual Awards Banquet at the Pelican Reef Enlisted Club. They will compete next at the 19th Air Force competition.

Clockwise from top left: 1st Sgt. -Senior Master Sgt. Tommy Kirk, 95th Fighter Squadron; Senior NCO -Senior Master Sgt. George Mason, 325th CONS; Civilian Category I -Lucy Podolski, Logistics Group; Civilian Category II - Aleatha Walker, LG; Company Grade Officer - Capt. David Graff, Operations Group; Honor Guard - Senior Airman Nathaniel Furman, 95th FS; Volunteer - Master Sgt. Bob Herr, 95th FS; Airman - Senior Airman Heath Marlin, 1st Fighter Squadron; NCO -Master Sgt. Ishraph Mohammed, First Term Airman's Center.



















Features

Get your grub on...

For stress-free fun, let the 325th Services' caterers handle your next event

Mrs. Marcia A. Robertson 325th Services Squadron marketing

Last year, Ms. Char Cowden coordinated over thirty wedding receptions and fifty official functions at the Tyndall Officers' Club. Total number served: 9,500. Meanwhile, Ms. Sandy Pedersen made meal arrangements for more than 20,000 guests spread across 130 celebrations at the enlisted club. To most, such figures are staggering, but not to Ms. Cowden and Ms. Pedersen, 325th Services Squadron caterers. Their jobs are to ensure each occasion is a special, hassle-free event for everyone involved.

While most people are aware that each club caters official functions such as changes of command, award banquets and academic graduations, many people do not know that the clubs can also service private events. Whether a wedding reception, family reunion, graduation party or anniversary dinner, it all begins with a call to either Ms. Cowden or Ms. Pedersen.

"Scheduling an appointment is really helpful," Ms. Cowden said. "I like to set aside time to give someone my complete attention."

Such meetings can last from thirty minutes to two hours. Wedding receptions usually require the most time for planning. The caterers try to look at all the details involved with the event so that it will run smoothly.

"There are lots of things people forget," said Ms. Pedersen. "Sometimes a bride will even forget to put her own name on the guest list."

Using either club's catering service can cut down on the tension a special occasion brings.

"I remember when I got married," Ms. Cowden said. "I had to do everything myself. It was horrible. I want to make someone's special day as stress-free and fun as possible."

Perhaps the most important decision to make involves the food. Customers have three serving options: a sit-down dinner, buffet, or hors d'oeuvres. Each club offers a variety of planned menus, but can make some adjustments according to a customer's special theme.

Both clubs encourage members to compare prices. People can bring a written quote from an off-base facility and see how the clubs measure up against these outside locations.

"Members don't think they are getting value here, but people hosting sponsored events call every day and can't believe the prices," Ms. Pedersen said.

"We've shopped around," said Mr. Rufus Boggs, a retired Air Force senior master sergeant. He and his wife, Martha, have two family reunions and a 50th anniversary celebration



Ms. Sandy Pedersen (right), 325th Services Squadron caterer, helps Rufus and Martha Boggs plan their next get-together.



Photos by Mrs. Marcia A. Robertson

Ms. Barbara Walker, 325th Services Squadron cook, prepares an edible peacock centerpiece for a special function.

planned for this year at the Pelican Reef Enlisted Club. In the past, they have reserved the club for several get-togethers.

"Some places on the beach charge almost \$20.00 for the cheapest meal." Mr. Boggs said. "We're getting a good deal here."

Customers are impressed with not only the food choices and prices, but also the ambiance each club offers. Depending on which area is reserved, customers can choose from an intimate setting in the enlisted club's classics room to the spacious ballroom at the officers' club.

"Not only do we provide quality food for less, but we also have a wonderful atmosphere," said Ms. Cowden. "And the view from the Officers' Club is beautiful."

The only qualification for using either of the club's catering service is membership. "Lots of people join the club so they can use the catering service," Ms. Pedersen said. And a member at one club can use either club's facilities. Members can sponsor organizations such as church groups and sports teams into the clubs for catered events.

Each club has several repeat customers. Like Mr. and Mrs. Boggs, people come back for second and third occasions because they were happy with their first encounter.

"Sandy is wonderful," Mr. Boggs said. "There have been people from across the country at our dinners and everyone has been pleased."

"We love catering," Ms. Pedersen said. "It's what we do." For more information about these services, call 283-4146 to speak with Ms. Sandy Pedersen at the enlisted club or 286-5166 to reach Ms. Char Cowden at the officers' club.

"I remember when I got married. I had to do everything myself. I want to make someone's special day as stress-free and fun as possible."

> Ms. Char Cowden 325th Services Squadron caterer



Ms. Helene Briggs, 325th Services Squadron waiter leader, puts the finishing touches on a table before a wedding reception.

Tuskegee Airman remembers life as a trainee

Tech. Sgt. John B. Dendy IV *Airman Magazine*

SAN ANTONIO (AFPN) -

When retired Senior Master Sgt. Dan Summers basks with his son, Dan, in the golden company of 1940s-era warplanes, he recalls life with the Tuskegee Airmen flight training program as a junior, but vital aircraft maintainer.

"Perfection existed on our flightline. Our integrity ensured it," Mr. Summers said.

A 22-year-old hotshot aircraft mechanic displays history-making courage as he and 29 other African-Americans arrive on a muddy work site 13 miles outside the Tuskegee city limits.

He finds his machinery in crates. His government housing is a tent in the cold air of an Alabama pine forest. This man's outfit is not wanted in America, but the patriot stands tall.

"That was my introduction to Tuskegee," retired Senior Master Sgt. Dan Summers said.

Yes, Tuskegee, as in "The Tuskegee Airmen," the African-Americans trained largely by fellow African-Americans for status as airmen within the Army Air Corps of 1940s America.

Like many republics, the United States had a legacy of ethnic tension. The sort of injustice our country rebuffs today. Tuskegee helped give diversity a fighting chance in America.

Mr. Summers maintained the base's warplanes from 1942 to 1945, as both a civilian and an enlisted servicemember. Now comfortably retired in Tucson, Ariz., he is one of only several hundred living Tuskegee warriors left.

He has always told the truth about who "ran" the training pipelines at Tuskegee. Did the enlisted and civilian members run those lines to perfection? You bet your lambskin flight jacket they did!

"There's no way they could have done that without enlisteds and civilians," the 81-year-old Mr. Summers stressed. "The results of their work were evident. The pilot is the end product of the flight training program. He's in the observable spot, so he gets the attention.

"Credit for this thing should include the enlisted support people," he said. "But that's just beginning."

That first cadre of African-American technicians repeatedly wrenched results from a flight of mostly rebuilt training aircraft. Civilian and enlisted members outnumbered officers 10-to-1, but





Photo by Tech. Sgt. John Lasky

Retired Senior Master Sgt. Dan Summers Sr., an original Tuskegee Airman, and his son Maj. Dan Summers Jr., Arizona Air National Guard, look out at the sun setting while at the Pima Air Museum in Arizona.

they got no "ink" for posterity. It is as if they did not exist.

One must "unentomb" details on the technicians from wellpreserved yearbooks in the chests of the Tuskegee veterans' homes. They show freshly shaven faces like Mr. Summers' and the first enlisted African-American meteorology, chemical warfare and aircraft maintenance airmen.

Young Mr. Summers entered this system by chance. Studying at Virginia's Hampton Institute had him strapped for tuition. So he left school to toil in a steel foundry. A year before the war, he traded that job for a mechanic's post at Pennsylvania's Olmsted Air Depot. He was an apt pupil.

"I was interested in the airplane from a mechanic's standpoint, rather than a pilot's," Mr. Summers said.

By the 1941 Christmas season, the bookish technician got wind of an outlandish project to determine if ethnicity was a factor in the flying business. This shot across the bow brought out the patriot in the slender, tennisplaying aircraft mechanic with unfinished business at college.

"I thought, 'Daniel, what can I get out of this besides a trip to Alabama?'" When federal recruiters said "'A promotion goes with it,' I said, 'Hey, you've got me.'"

In May 1942, the War Department manifested Mr. Summers and 28 additional black aircraft workers on a contracted Pullman car train. Porters drew the blinds for security as the train wove south to a new military stop at Chehaw, Ala. The technicians went to their airfield site in Army trucks.

Mr. Summers toughed out the beddown period at Tuskegee as a very junior aircraft maintenance man. He became an assistant superintendent of civilians who trained prospective airmen.

"I'd only been in the game a year, and I fell into training people on hydraulics and props," he said.

As a man who was admittedly not military-minded when he got to Tuskegee, Mr. Summers warmed to the experience "without a lot of trauma."

But there were problems.

Quality of life was not good for Tuskegee's civilian maintainers. They had to scrap for housing in the area. Only African-American landlords opened their homes and hearts

"The first year, paydays came sometimes a month late. People we rented from understood, because they had been through (discrimination) themselves," he said.

Tuskegee became a war machine and a home, once housing was built, halfway into the war.

"They had about 100 houses on the base. With the number of people we had, 100 was nothing. It was called Mitchell Village, after Gen. Billy Mitchell," he recalls. (Mitchell was one of the founding fathers of Air Force aviation.)

"I was fortunate to merit one as a supervisor," Mr. Summers said. "When people moved on base, they were living among friends in an Air Force community. The families enjoyed it."

"Mister" Summers became "Private" Summers in 1944. His first hitch after basic was Tuskegee.

"They sent me back as a private, and I still had the house," he said. "That was like putting a rabbit in a briar patch. It could only happen in this great country of ours."

Mr. Summers worked hard in his rookie Air Corps season. His team of civilians and airmen had lots of old warplanes to make over

People at the busy base bonded over maintenance sessions. They furiously fixed flight controls on worn, sky blue-bellied, open-cockpit Stearman training biplanes and the ubiquitous BT-13 Vultee monoplanes. Unforgiving but agile, the enclosed-cockpit Vultees were known as "Vibrators" for shaking airmen violently at low speeds.

The team also coaxed missions out of silvery T-6 Texan trainers with banged-up cockpits, P-40 Warhawk fighters and B-25 Mitchell bombers.

Their airfield sparkled with tough warplanes and airmen with competitive attitudes to match.

"The people assigned to Tuskegee made Tuskegee," he said. "Our airfield probably had more enlisted people with college experience than any other. They knew inspections and aircraft."

Mr. Summers flew inspection check rides in Tuskegee's trainers and B-25 Mitchell bombers.

"I liked the B-25 because I was in a position to test-fly, just the pilot and me," he said.

His first encounter with Tuskegee cadet and later-Gen. Daniel "Chappie" James Jr., was "accidental." (James was a World War II instructor pilot and veteran of more than 179 combat missions during the Korean and Vietnam conflicts.)

"I ran the crash crew for a while and this cadet couldn't get his gear down. They foamed the runway, and he came in with his gear up.

"When we got out there, here was this cadet (James) just sitting cross-legged on the wing of the airplane. I was wondering who it was," he said.

Mr. Summers' crash crew found a broken emergency "up-lock release" cable inside the metal of that P-40 Warhawk fighter plane — and respect for James.

"People took a personal interest in the airplanes and each other," he said. "Usually, the flight chief would meet the airplane along with the crew chief. 'Never put a sick airplane to bed.' That was the philosophy. You got it well, then put it to bed, or you'd lose your job in a hurry."

Losing true friends was a horrific and too-frequent event in training for war, Mr. Summers added.

Mr. Summers was on the night crash shift as a civilian. One of his tennis-partner college buddies launched from a Tuskegee runway in the P-40 Warhawk. The first lieutenant was killed when that aircraft crashed several minutes into the training flight.

"It wasn't always pleasant," Summers reflected.

He also said such experiences make integrity his favorite measure of an airman's worth.

"Perfection existed on our flightline," Mr. Summers said. "Our integrity ensured it. We put lives on the line at 10,000 feet."

Mr. Summers' attitude steeled his fellow airmen through the tough Tuskegee training years.

"I told people, 'Forget what's outside the gate. Put everything you have into the effort at hand.' Today I'd like to tell them, 'Don't forget to credit everyone for a job well done,'" he said.

Tyndall library increases selection

Mrs. Marcia A. Robertson 325th Services Squadron marketing

Recent changes to the Tyndall Air Force Base's Community Library mean a greater selection of material is now available to patrons. In June, the library contracted with Landmark Audio to acquire taped versions of best-selling books, most of which have been published within the past two years. These books-on-tape cassettes are leased and new ones arrive quarterly.

"The books-on-tape are extremely popular," said Ms. Becky Miller, 325th Services Squadron library technician. "Some people check out several at a time, especially if they are going on vacation."

The cassettes consist of both fiction and nonfiction material. There are some instructional tapes for languages as well.

Another lease program, the McNaughton Book Lease Plan, has been in place for some time. This arrangement not only brings new publications to the Tyndall Library, but also allows customers a voice in what particular book is ordered. Patrons may request a title from a list of hundreds of yet-to-be released works.

"What McNaughton sends us is what the bookstores have," said Mr. Jim Clark, 325th Services Squadron library director. "The plan gives us quick access to best selling books."

While the books-on-tape program



Ms. Becky Miller and Ms. Lynn Kauff. 325th Services Squadron library technicians, review the book list for upcoming orders.

provides adult selections, the purchasing materials which are less used. McNaughton plan offers both adult and juvenile subjects.

"Star Trek is a favorite," Ms. Miller said. "We also try to get current books on the things kids write reports about, like drug abuse and career choices."

Both lease programs work through an exchange system. The library returns a certain number of books and tapes and then receives new ones. Because the library can keep some items, many of the titles are added to the library's permanent collection. This system allows the library to obtain popular selections without the expense of call 283-4287.

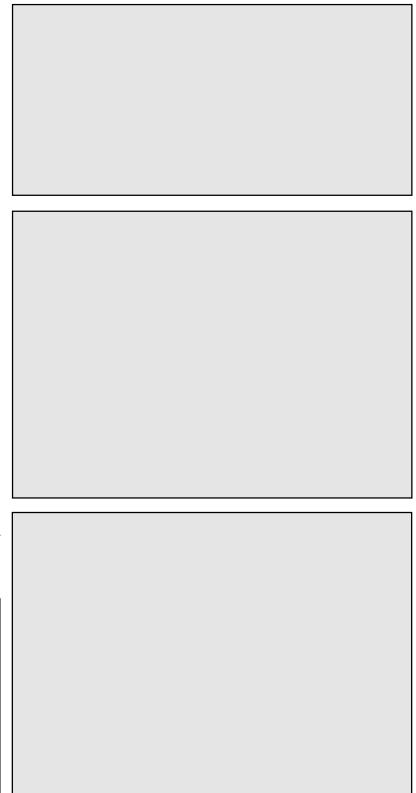
"It's a good deal," said Mr. Clark. "There are some things that we don't want to keep forever."

"We choose what to keep or what to send back," added Ms. Miller. "We try to save what people like."

The library staff hopes patrons will utilize both collections.

"These plans allow the library to get material while it is still current," Ms. Miller said. "People need to take advantage of them.'

For more information about any of the library's services, visit the library or





Every member of Team Tyndall is valuable. Play it safe, don't become a statistic.

Need some money-saving tips?



The family support center has just what you're looking for. A self-paced, interactive personal finance program on compact disc is now available at the FSC computer resource center. Topics on the disc include budgeting, credit management, insurance, savings, investing, relocation and more! For more information, call the family support center, 283-4204.

Be wise; use proper money management.

Spotlight



2nd Lt. Chuck E. Lee

Senior Airman Ginger B. Menikheim

Squadron: 325th Fighter Wing **Job title:** Wing information manager

Years at Tyndall: Two

Hometown: Sacramento, Calif.

Why did you join the Air Force: For the educational and travel

opportunities.

Most exciting facet of your job: Working in a high-visibility position with commanders, chiefs and first sergeants, as well as distinguished

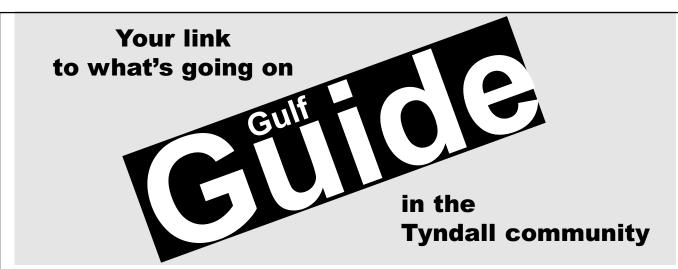
Short-term goals: To make staff sergeant my first time testing.

Long-term goals: To complete my degree in computer science.

Forgoite healt: "Mose" by Pan Pays.

Favorite book: "Mars" by Ben Bova. Favorite movie: "Tommy Boy"

Hobbies and off-duty activities: Water skiing, volleyball and running.



FEBRUARY



Anger-management workshop

The three-session anger-management workshop will continue 1-3 p.m. Monday and Feb. 26 in the family advocacy conference room. For more information, call family advocacy, 283-7272.



Couples' workshop

The four-session couples' communication workshop will continue 3-5 p.m. Tuesday, Feb. 20 and 27 in the family advocacy

conference room. For more information or reservations, call family advocacy, 283-7272.

Civil Air Patrol meeting

Civil Air Patrol meetings for boys and girls 12 years old and older will be held 6:30-8:30 p.m. every Tuesday in Building 852. The CAP offers local and national activities with a focus on educational and professional development. For more information, call Capt. Laura Palm, 283-7426, or Master Sgt. Perry Newberry, 283-4189.

TAP workshop

A three-day transition-assistance program workshop will be 8 a.m.-4:30 p.m. Tuesday-Thursday for those leaving the military within the next 180 days. Topics will include analyzing skills, setting personal goals, starting the job search, resume writing, interview skills, Veteran Affairs benefits and more. Spouses and Department of Defense civilians are welcome. For more information, call the family support center, 283-4204.



Stress-management workshop

The three-session stress-management workshop will continue 11 a.m.-1 p.m.

Wednesday and noon-2 p.m. Feb. 21 in the family advocacy conference room. For more information, call family advocacy, 283-7272.

Fatherhood class

A three-session fatherhood class for new fathers in twoparent and single-parent households will be 1-2 p.m. Wednesday, Thursday and Feb. 16 in the family advocacy conference room. The course will provide instruction on coping with parenting responsibilities and managing and reducing stress. For more information, call family advocacy, 283-7272.

Parenthood-preparation course

The four-session parenthood-preparation course will continue 3-5 p.m. Wednesday, Feb. 21 and 28 in the family advocacy conference room. For more information, call family advocacy, 283-7272.



National prayer luncheon

Tyndall's National Prayer Luncheon will be 11:30 a.m. Thursday at the Pelican Reef

Enlisted Club. Florida State University's head coach Bobby Bowden will be the guest speaker. Tickets are available at Chapel 2 or from any first sergeant for a \$2 donation. For more information, call project coordinator Chaplain Eliezer Castanon, 283-2925.

Red Cross blood drive

A Red Cross blood drive will be 9 a.m.-3 p.m. Thursday and Feb. 16 in the community activities center and noon-6 p.m. at the 53rd Weapons Evaluation Group. Donations of all blood types are needed. Donations of volunteer time or cookies are also welcome. For more information, call Stephanie Skoglund, 874-9286.



Awards luncheon

The 325th Fighter Wing Communications and Information Professional of the Year awards luncheon will be 11 a.m. Feb. 16 in the

main ballroom of the Pelican Reef Enlisted Club. For more information, call Senior Master Sgt. Brad Hilgenberg, 283-3842.

Command chief position

An opening exists for command chief master sergeant for the 39th Wing, Incirlik Air Base, Turkey. The suspense date is Feb. 16 and the reporting date is June 10. Chief master sergeants interested in applying can send their application package to: 39 WG/CC, Attention: Colonel Wright, Unit 7090, Box 110, APO AE 09824. For more information, call Chief Master Sgt. Cooper, DSN 314-676-6400.

NOTES

Local Mardi Gras

Three large Mardi Gras celebrations are planned in Bay County. The St. Andrews Mardi Gras festival will continue through Saturday. The downtown Panama City Krewe of Massalina Mardi Gras parade and festival will be Saturday on the south end of Harrison Ave. and at the civic center/marina area. The Mardi Gras on Panama City Beach festival and parades will be held on Front Beach Road and in the Club La Vela parking lot Feb. 23-25. All events are free and open to the public.

Test destruction procedures

New promotion test destruction procedures require that two examinees be selected per each testing session to verify and witness seal on booklets at beginning of each session and destruction of the one-time use booklets at the completion of the session. Examinees selected are required to be present for the entire testing session and a few minutes following the session. The responsibility is mandatory for those selected and cannot be declined. All examinees should make arrangements to be present for the entire testing session in the event they are selected to perform these duties.

Air show

Tyndall's Gulf Coast Salute 2001 open house and air show will be March 24 and 25. The event is open to the public with free admission and parking. The U.S. Air Force Thunderbirds aerial demonstration team will be performing March 25. For more

information, visit the Tyndall web page at: www.tyndall.af.mil and click on coming events or go to: gulfcoastsalute.homestead.com/index.html or call 283-8576.

Junior museum heritage day

The Junior Museum of Bay County's 29th Annual Spring Heritage Day will be 10 a.m.-3 p.m. March 17. Volunteers are needed the week before and the day of the event. Vendor and crafter applications will be accepted until Feb. 28. For more information, stop by 1731 Jenks Ave. or call 769-6129.

RETIREE NEWS

TRICARE for life

Effective April 1, the pharmacy benefit provides Medicareeligible retirees of the uniformed services, their family members and survivors the same pharmacy benefit as retirees who are under age 65. It includes access to prescription drugs at military treatment facilities, retail pharmacies and through the national mail order service program. All beneficiaries who turn 65 prior to April 1 will automatically qualify for the benefit whether or not they have purchased Medicare Part B. All beneficiaries who turn 65 on or after April 1 must be enrolled in Medicare Part B to receive this benefit.

Medicare-eligible military beneficiaries become eligible for all other TRICARE benefits effective Oct. 1. The law requires all Medicare-eligible beneficiaries, regardless of age, be enrolled in Medicare Part B to receive the rest of the TRICARE benefits. With enrollment in Part B, these benefits will provide the following coverage.

If medical care received is a benefit of both Medicare and TRICARE, Medicare will pay the allowable amount for the care. TRICARE will pay the Medicare cost share as well as any Medicare deductible. Most, but not all medical services are a benefit under both Medicare and TRICARE.

If medical care received is a benefit of Medicare, but not a benefit of TRICARE, Medicare will pay its normal amount and the beneficiary will be responsible only for the Medicare deductible and cost share. If the medical care received is a benefit of TRICARE, but not a benefit of Medicare, Medicare pays nothing. TRICARE will pay the amount it pays for the same service received by a retiree under the age of 65. In this case, the beneficiary must pay the applicable TRICARE cost share and deductibles.

Beneficiaries are advised to enroll now in Medicare Part B. Those who have already turned 65 and do not have Medicare Part B should purchase it if they would like additional health benefits through TRICARE. Medicare allows enrollment each year from Jan. 1 through March 31. Coverage under Part B will be effective July 1 of the same year. Beneficiaries with questions regarding Medicare and Part B can visit any Social Security Administration office, call the SSA's toll-free number, (800) 772-1213 or call the toll-free Medicare number, (800) 633-4227. Information can also be found on the Medicare web site at: www.medicare.gov.

It is important to remember that if beneficiaries age 65 and older do not have Medicare Part B, they will not have the TRICARE benefit to help pay the cost of doctor and hospital bills when the new benefit begins Oct. 1. It is also not advisable to drop supplemental (Medigap) policies yet. Because of the delayed effective dates, any decision to drop a Medicare supplemental insurance policy based on the new law is premature. Beneficiaries should also make sure that they have up-to-date information in the Defense Enrollment Eligibility Reporting System to avoid confusion and delay in using the benefits.

YARD SALES

There are no yard sales scheduled for Saturday.

BASE THEATER

Today: "Emperor's New Groove" (G, animated, 86 min.)

Saturday: "Emperor's New Groove"

Sunday: "Miss Congeniality" (PG-13, sexual references and a scene of violence, 110 min.)

Thursday: "Miss Congeniality"

Mouthguards — protecting your child against mouth injury

Senior Airman Sherry Rivera 325th Fighter Wing dental flight

Have you ever considered allowing your child to skateboard or ride a bike without wearing a helmet? Probably not, unless you have a child whose head is naturally shatterproof.

Well, just as our children's heads are an important attribute for them to possess, we at the dental clinic believe, so are their mouths. When we allow our children to participate in sports without a mouthguard, we are increasing their chances of experiencing some type of mouth trauma, possibly resulting in painful, expen-

sive, and sometimes irreversible dam-

Mouthguards should be worn by anyone who is planning to participate in a sport. Mouthguards can help prevent injury to the mouth area, including teeth, cheeks and tongue, when worn properly. Wearing a mouthguard can lessen the chances of tooth fracture (or loss), jaw fractures and even concussion. There are two types of mouthguards: the custom-made mouthguard, which is offered by a dental office and the overthe-counter mouthguards. The custom mouthguard offers the best fit and comfort, while not interfering with speech. The other types of mouth guards that are sold over the counter, are mostly the "boil and bite" types in which you heat the mouthguard and bite into it, to give it somewhat of a custom fit.

Whichever mouthguard you decide is best for your child, it will be to your benefit. It can save your child and you the heartache of a painful and potentially expensive experience. So unless you have an alien child with a foam head, rubber teeth and steel kneecaps, be sure to include a mouthguard as a mandatory item in addition to the rest of their protective gear. We at the Tyndall Dental Clinic wish happy, injury-free "landings" to all of our future athletes of America.

●VALENTINE from Page 1

Don't be fooled, though. Airman Netterville is not only the TAAA event coordinator, she's also the event coordinator for the entire 325th Fighter Wing.

"If people want to get involved, give me a call and I'll make sure you get talking to the right person," she said. "We want to make sure everyone who wants to participate gets that chance."

"All these people want is someone there to talk to," she added. "A lot of people in nursing homes don't have family around. They're stuck in this home and they're alone, so they look forward to the two times a year, Veterans Day and Valentines for Vets, we do this. It's just a great experience and a great time for

everyone involved."

Airman Netterville, who spent time volunteering while growing up in Southeastern Texas, says the more time she spends in events like this, the better she feels about herself and her community.

"It makes me feel good about myself when I participate in an event like this," she said. "It's really uplifting to see people get such joy out of something that we would think is a little trivial, but it's amazing what a Valentine card and a few minutes of your time mean to people who otherwise wouldn't see many people out side the nursing home."

For more information, or to sign up for the event, contact Airman Netterville at 283-7572.

Airlift squadron recruiting members

ANDREWS AIR FORCE BASE,

Md. (AFPN)—People from Andrews AFB's 1st Airlift Squadron are recruiting new members to fill aircrew positions in the squadron.

Pilots, flight attendants, communications systems operators and crew chiefs are needed to serve aboard the C-32A, the military version of the Boeing 757-200 known as Air Force Two, when flying the vice president.

Pilots must have a minimum of 2,500 hours. Radio operators are recruited from their career field, and servicemembers who want to be flight attendants can apply from any career field, but they must be second-term airmen.

Formore information, call these numbers: pilots, DSN 858-5833; flight attendants, DSN 858-5219; crew chiefs, DSN 858-6532; or communications systems operators, DSN 858-6305.



Courtesy photo

A C-32A, the military version of the Boeing 757-200 known as Air Force Two when flying the vice president, takes off. The 1st Airlift Squadron located at Andrews AFB, Md., is currently accepting applications for this special duty.

F-22 program clears hurdle

WRIGHT-PATTERSON AIR FORCE BASE, Ohio (AFPN) — Lockheed Martin Aeronautics Company has cleared the way for an F-22 production decision with the completion of the final two requirements — the first flight of Raptor 4006 and initiating radar cross-section testing, Air Force officials said Feb. 5.

Raptor 4006 flew for 72 minutes after taking off from Lockheed Martin Aeronautics Company facilities in Marietta, Ga., Feb. 5.

"I had every confidence the flight would be successful," said Brig. Gen. Jay Jabour, F-22 System program director. "A carbon copy of Raptor 4004, it posed no technical challenges, but it is great to have this achievement behind us."

The other requirement, initiation of radar cross-section testing, which validates the aircraft's "stealthiness," was satisfied recently. An F-22 was previously checked for its degree of

stealth on the ground during the RCS turntable measurement at the Marietta facilities. The aircraft was then flown and checked aerodynamically. The test flight dynamic results can now be compared to the turntable results to gain confidence in the manufacturing methods that produce stealth capabilities, officials said.

"The RCS characteristics of the F-22 are some of the most advanced in the world," General Jabour said. "Combine this stealth capability with the F-22's first look, first shot, first kill capability and you have the premiere fighter aircraft in the world for the next 20 years."

The F-22 will guarantee U.S. and friendly forces control of the skies over the battlefield well into the 21st century, General Jabour said. This unequaled air supremacy will reduce the risk to American and friendly forces on land, in the air and over

water in all types of conflicts.

Raptor 4006 will undergo additional flight-testing at Marietta before joining the F-22 program's flight test fleet at Edwards Air Force Base, Calif., later this month.

The F-22 program is pioneering an effort to use the ground-based RCS testing vs. flight testing the radar cross-section. The data collected from RCS test initiation flight, compiled with earlier data, will aid in proving the acceptability of ground-based tests, potentially saving more than \$400 million during the life of the F-22 program.

The F-22 program is managed by the F-22 system program office at the Aeronautical Systems Center here.

The Boeing Company, Seattle, and Pratt & Whitney, Hartford, Conn., also teamed with the Air Force and Lockheed Martin to develop and produce the F-22, which is slated to be operational in 2005.

●FAMILY from Page 4

of the 60th Comptroller Squadron, a squadron of about 50 people. Each and every airman, noncommissioned officer, senior NCO and officer either made a personal visit, sent a get-well gift or made phone calls to both my mother and father. My mother was as much a part of the squadron as was my father.

Each squadron member offered to do anything for my parents. The rehabilitation process was lengthy and there were certain things my parents couldn't do for a while.

The other chiefs and their families that lived in the vicinity mowed the grass, took out the trash, went shopping or drove them wherever they needed to be. The Air Force family had once again gone out of its way and taken care of its own. My father mentioned that if he had to pay to use the hospital at the time, he might not have gone in. He received a copy

of the bill for the both of them, which totaled more than \$150,000, but he only had to pay a few dollars for my mom's stay at the Napa Valley hospital. No medical system is perfect, but in this case, being in the military really paid off.

A year before, on May 15, 1999, my father pinned on my gold bars and rendered me my first salute. On Oct. 3, 2000, I retired him from active duty and he rendered me his last salute in what was quite an emotional ceremony.

My parents are now back at full strength and are enjoying retirement in the St. Albans, Vt., area.

The military family is huge and has many resources. I'll be the first to admit that military life includes much stress on the member and the family. But the closeness of the military family is one of those intangibles to think about when considering your future in the United States Air Force. In my eyes, as the slogan says, "no one comes close."

Sports and Fitness

Working at home can be unhealthy

Courtesy of the American Association on Health and Fitness

Working at home might seem like the ideal solution to many people: No commuting. No staff meetings. No cramped cubicles. Many local governments even encourage businesses to let workers "telecommute" to ease traffic congestion and auto pollution.

But home workers may be worse off in some ways than the office drones. Psychologist Sandi Mann and her colleagues at two British universities say that home workers report more feelings of loneliness, isolation and frustration. The *Independent* describes the study of 74 journalists — some who worked at home, some who didn't — that found that home workers more often felt overworked, guilty and suffered from stress-related disorders.

Of course, more traditional workplaces aren't stress-free. The *BBC News* describes another study that warns that "three-quarters of workers say their performance is affected by stress." Long working hours and an autocratic management style were blamed as the key sources of workplace stress.

Sports Shorts

- •A Tyndall Fitness Center benchpress "Wall of Fame" competition started recently. Check with fitness center staff for additional details, 283-2631 or 283-2543.
- •A certified personal trainer is now available to train you in meeting your fitness goals. For more information, call the fitness center, 283-2631, to be scheduled for a pre-workout consultation.

Intramural over 30 basketball

Squadron	Wins	Losses
AFCESA	7	1
1 FS	6	1
SEADS	5	3
OSS	4	3
TRS	4	3
RHS	3	3
MDG	2	3
CONR	3	5
TW	2	7
LSS	0	7

Intramural basketball

Squadron	Wins	Losses
2 FS	6	1
95 FS	6	1
TRS	6	1
COMM 1	5	2
SVS	4	3
WEG	4	3
OSS	3	4
1 FS	2	5
COMM 2	2	5
MDG	2	5
MXS	2	5
83 FWS	0	7



Bowl a few frames at Raptor Lanes

Monday-Wednesday: 10 a.m.-10 p.m. Thursday: 9 a.m.-midnight Friday: 10 a.m.-2 a.m. Saturday: 9 a.m.-2 a.m. Sunday: 1-8 p.m.